Complicated Puzzle - links

Love this on Herx reaction

http://lymebook.com/blog/the-recovery-process/herx-reaction-fundamentals/

Increased ALT

http://cid.oxfordjournals.org/content/34/9/1206.full.pdf

http://cid.oxfordjournals.org/content/34/9/1206.full.pdf

KIDNEYS

Dear Stephen,

I am taking Japanese knotweed for lyme disease but read on **selfhealth.com** that long term usage can be toxic to kidneys. Are you able to comment on this for me please?

Stephen's response:

I have not heard of that problem and I did check the literature pretty carefully, especially the Chinese who use the herb extensively. I tried your link and everything was in German which I don't read, so cannot respond to that.

Stephen

http://buhnerhealinglyme.com/herbs/japanese-knotweed-toxic-to-kidneys/

LIVER

https://www.lymedisease.org/lyme-hepatitis-2/

http://lymediseaseguide.org/lyme-disease-liver-dysfunction-more-common-than-many-doctors-think

Dear Stephen,

I am having a problem with high liver enzymes. I am on the Core Protocol. My doctor has told me to quit the herbs and we will re-check. I have heard a warning about cat's claw being a problem with liver. I have been ill with lyme for at least 24yrs and just diagnosed 2 years ago. I started with cat's claw, then bee-venom shots, salt and vitamin C and then found your wonderful book and added andrographis and resveratrol. No longer doing shots. I am feeling extremely ill. I understand babesia can affect the liver but I tested negative. Any thoughts or ideas would be appreciated. Others have suggested castor oil packs. Thanks and blessings to you.

Stephen's response:

Castor oil packs do help many people, mostly for pain in the liver, however. You might check my book *Herbs for Hepatitis C and The Liver* (see bookstore). I talk a lot in there about herbs for high liver enzymes.

In any event, the basic thing to take is standardized milk thistle capsules. I emphasize standardized. Take 1,200 mg a day to begin with. This should lower enzyme levels in a few weeks.

I have not heard about any of these herbs having negative liver impacts, in fact several of them are used in the treatment of liver disease. I am surprised to hear about elevated liver enzymes in the absence of babesia infection with lyme only, but again, lyme continually surprises me. In any event, milk thistle is the best place to begin.

Stephen

http://buhnerhealinglyme.com/herbs/high-liver-enzymes/

Houttuynia - good benefits

http://www.medwelljournals.com/fulltext/?doi=rjpharm.2009.52.57

Toxicity Cats Claw

http://www.medwelljournals.com/fulltext/?doi=rjpharm.2009.52.57

TREATING BART

http://www.healingwell.com/community/default.aspx?f=30&m=3081454

MAKING TEA

http://www.healingwell.com/community/default.aspx?f=30&m=2988537&p=1

GREAT IDEAS

http://www.mvlymecenter.org/2013/08/18/how-i-treat-lyme-disease-and-co-infections-my-treatment-protocol-and-the-common-pattern-of-treatment/

HOW TO UNDERSTAND TEST

How to read an IGEN-X test

http://thelymemaze.blogspot.com/p/how-to-interpret-u-blood-work.html

http://www.stopthelymelies.com/lyme-disease-101/how-to-decipher-igenex-results

BARTONELLA

http://www.healingwell.com/community/default.aspx?f=30&m=3569075

http://flash.lymenet.org/scripts/ultimatebb.cgi?ubb=get_topic;f=1;t=130036;p=0

Science of Bart

http://www.ncbi.nlm.nih.gov/pubmed/11390243

MMP9 is a superb marker for the presence of excess cytokines production from any inflammatory disease. I often recommend people consider getting in cases that seem unsolvable. It is a great detective test for one to use in any undiagnosed inflammatory condition.

MMP9 appears to be responsible for delivering inflammatory compounds out of the blood and into the brain, which causes plaque formations similar to those seen in MS too. Most MS patients will have extremely high levels of MMP9 in their serum and tissues. In Lyme disease, MMP9 levels may skyrocket as the result of treatment with antibiotics, and the resulting bacterial die-off in what is commonly referred to as a Herxheimer reaction. During this reaction, the symptoms usually get more severe.

http://jid.oxfordjournals.org/content/174/3/627.full.pdf - herx

The reaction consists of a rise in temperature, a

Received 15 December 1995; revised I May 1996.

Presented in part: United States and Canadian Academy of Pathology, At- lanta, March 1992.

Consent was obtained from all patients prior to enrollment in the study. Grant support: NIH (GM-44918, GM-50401) and Wellcome Trust (travel). Reprints or correspondence: Dr. Daniel G. Remick, M221 0 Medical Science

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The Journal of Infectious Diseases 1996; 174:627-30 © 1996 by The University of Chicago. All rights reserved. 0022-1899/96/7403 -0027$0 1.00

decrease in white blood cell count, and a rise in pulse and respiration rates.

http://www.ncbi.nlm.nih.gov/pubmed/9093599

http://www.nature.com/nm/journal/v4/n12/full/nm1298_1416.html

May take up to 14-21 days to grow anaerobic bacteria and some fungi

http://pharmacy.presby.edu/wp-content/uploads/2011/09/Laboratory-Interpretations-for-ID.pdf

REALLY GOOD LINK

http://affairsofliving.com/imported-20100106014405/2010/7/5/helpful-hints-for-battling-a-herxheimer-reaction-or-my-adven.html

CILANTRO

http://jonbarron.org/herbal-library/foods/cilantro#.VuSQvMdlk9c

When it was first suggested by my boss to get tested for lyme, I began to research what the disease was, and when I found information about how difficult it is to diagnose, and how some people struggled for years before they got a diagnosis, I decided I wouldn't wait for Western Medicine, or finding the right Dr. to help me figure out what was going on, but given I had exposure and symptoms, I would start in an innocuous way and begin first by adjusting my nutrition and lifestyle. I figure this could only help, not harm, and in the interim, I would keep working the western medicine system and flow with what was most urgent tor care for - which led to the aneurysm repair. I then began to add an herb that herbalist Stephen Buhner recommended - Cats Claw - and reacted to it in a way that is called a "herx", then added another called Japanese Knotwood. It was these steps that caused the tide to turn a bit. My health had come to a place where I thought I way dying, that my system was shutting down. I met with a naturopath, who said he had lyme, and he communicated that lyme is a clinical diagnosis, and after spending an 1 1/2 hours with me discussing my medical history, advised treatment for lyme. My spouse was really unsupportive, and his words felt like knives tossed at my heart, and it took away all desire to do anything to try and sort through this health issue. In his view naturopaths are quacks, and everything I am doing has no science base, and any effects I am getting from my nutrition changes and adding herbs is only placebo.

As I begin to dig deeper into the politics of it I discover a really weird world where there is controversy about the treatment of it and this bizarre "belief system" attached to it of Dr.'s believing in lyme and not believing in lyme and I am having a hard time sorting through the science of it.

What makes most sense to me, is to trust the wisdom of my body.

I live in it.

To be open minded and get a variety of views: western medicine, naturopath, eastern medicine, continue talking with my primary care team that I trust and my other issues have made great strides with.

When I think about it, with my spouse, he advised NOT changing psychiatrists.

If I had stayed with his counsel - then I would be continuing to struggle with someone who insisted a proper diagnosis wasn't necessary - and was framing me as a woman with an illness I did not have.

When I took positive right action by following the counsel of my somatic therapist who reviewed my psychiatric files, and suggested I could be getting better support, and switched psychiatrists, I began to make terrific progress.

So - given that, I should know that my spouse, although well meaning, doesn't give the best advice.

Right now, in the flow of the now, I am digesting information from people who are past the struggle, and know a lot about it - one question at a time.

DETOX BATHS

http://www.healingwell.com/community/default.aspx?f=30&m=2116003

HERB tips -

http://www.healingwell.com/community/default.aspx?f=30&m=3596805

Hang in there, Mulitfacetedme. I completely agree with PeteZa in that you could easily be told that it's not Lyme, but that's because they don't know what they are talking about. Should your hubby have words to say about that, you can present him with these articles - all scientific articles about IDSA's "expert opinion only" as opposed to ILADS science based approach.

ILADS vs IDSA:

www.clinicaladvisor.com/controversy-continues-to-fuel-the-lyme-war/article/117160/

archinte.jamanetwork.com/article.aspx?articleid=226373

www.ncbi.nlm.nih.gov/pmc/articles/PMC2901226/

"To convince him I need to surface a scientific study that states that the bullseye rash is a surebet sign of lyme."

If you would start going through these, you may find what you are looking for, if not, let me know and I'll see what else I can find online. :

"Evidence assessments and guideline recommendations in Lyme disease: the clinical management of known tick bites, erythema migrans rashes and persistent disease."

www.ncbi.nlm.nih.gov/pmc/articles/PMC4196523/

"Physician-Diagnosed Erythema Migrans and Erythema Migrans–like Rashes Following Lone Star Tick Bites."

archderm.jamanetwork.com/article.aspx?articleid=189293

"Spatiotemporal Evolution of Erythema Migrans, the Hallmark Rash of Lyme Disease."

www.cell.com/biophysj/abstract/S0006-3495%2813%2905809-8

And then be sure to hang on to these words of yours: " Take care of myself first. That is my mantra. That plus flow in the now with grace + gratitude = BALANCED life."

They don't call me the "Queen of Links" for no reason!! Keep on posting and let us help you through this!!

http://www.cdc.gov/mmwr/preview/mmwrhtml/00001244.htm

re bactrim - good info

http://lymemd.blogspot.com/2010/01/lyme-2010-brief-update.html

Bartonella/brain Herxes can be extremely severe.

BACTRIM

http://www.ncbi.nlm.nih.gov/pubmed/9248750

European Lyme

http://jcm.asm.org/content/49/1/455.full

Cowden Protocol

http://www.lymediseaseresource.com/Dr_Lee_Cowden.html